



## Home Cleaning Plus

<address>  
<City, State, Zip>  
<Phone>  
www.MyWebsite.com

Your New Issue of  
Better Home Living  
Has Arrived!

Look Inside for Some  
Amazing Money  
Saving Tips and More!

### Enjoy the company of a pet

Researchers at the Mayo Clinic found that married couples who owned a pet had lower blood pressure than couples without one.

Individuals who owned a dog were more likely to still be alive one year after having a heart attack than heart attack patients who didn't own one.

Dog owners who walk their dogs are more likely to be physically active and less likely to be obese.

### Staff Members Making the News

Shelly and her team have been cleaning homes for the past five years and they've always done a great job for us. The team was recently awarded <My Company's> highest achievement award for Service Excellence. Congratulations team! Keep up the good work!

All team members of <My Company> have completed the Annual Safety Training Certification. We're very impressed with the scores and are confident about our staff's performance.

*"Procrastination is like a credit card. It's a lot of fun until you get the bill." -- Christopher Parker*

### FREE Air Quality Cleaning Audit

Call us by \_\_\_/\_\_\_/\_\_\_ to schedule your FREE  
Air Quality Cleaning Audit and...

Receive a **FREE**  
Refrigerator Cleaning!

<Company Name>  
<Telephone>  
<Website>

Take the Trivia Challenge and Win a  
\$25 Gift Card to Applebee's!

The first <##> people who call our office with the  
correct answer will be entered into the drawing!

**How many hot dogs do Americans eat every year?**

1 - 9 billion    2 - 27 billion    3 - 16 billion

HINT: The answer is hidden somewhere in this newsletter.



July 2011

Volume 2, Issue 7

# Better Home Living™

The Newsletter That's Both Informative and Fun!



I hope you enjoy this month's  
newsletter!

Steve Hanson  
Home Cleaning Plus

### Fun facts about America's favorite summertime treat

Call it a dog, sausage or frankfurter, it's been around since before the 9th century BC. Homer's Odyssey refers to a man by a roaring fire waiting impatiently for his sausage to cook.

In 1867, a German butcher opened a stand in Coney Island in New York and sold 3,684 "dachhund" sausages in milk rolls.

A cartoon was drawn featuring the sausages, but the cartoonist didn't know how to spell dachshund, so he called them hot dogs. The name stuck.

Americans eat more than 16 billion hot dogs each year. They eat 150 million on the 4th of July alone.



### 5 Ways to fight stress and improve your health

You already know a few ways to improve your health, such as making it a point to eat fruit every day and to eat high-fiber foods like breakfast cereal. Here are a few other stress-fighters and health-improvers:

1. Approach your life and work with a more positive outlook. Find a positive side in every aspect of your life. Research involving women age 50 and older found those with an optimistic view were much less likely to die of any cause during the years of the study.

2. Try yoga and tai chi. The gentle mind-body practices combine aerobic, strength training, core stability, flexibility and balance. They reduce blood pressure and improve sleep.

3. Develop a sense of gratitude for life. Gratitude is sometimes called a combination of humility, grace, love and acceptance. Each day identify at least one thing that enriches your life. Have gratitude be your last thought before you fall asleep at night and your first thought when you wake in the morning.

4. Try volunteering. Research shows that participating in meaningful volunteer activities promotes emotional and mental well-being. A study reported in the Journal of Aging and Health found that volunteers had lower blood pressure than non-volunteers.

5. Improve your relationships. Forgive yourself and those closest to you. It doesn't mean you condone a wrong done. Forgiveness is associated with improved mood and lower stress.

### Want granite countertops? Prices are lowest ever

The price of granite has declined by about 50 percent. You can thank competition for the reduction as producers in Asia and Brazil quarries now market granite in the United States.

Remodeling contractors say the cost of labor for kitchen projects is down as well. People who have waited out the recession and have the money to do it are moving forward with kitchen updates.

The Harvard Joint Center for Housing Studies say remodeling spending fell 16 percent between 2007 and 2010. Now, affordable prices for traditionally upscale appointments are perking up homeowners' remodeling plans.

According to the National Association of Home builders, overall remodeling costs are running at least 20 percent lower than 2006.

Free Cleaning Tips and Specials at [www.MyWebsite.com](http://www.MyWebsite.com)

## Do You Know...

... someone that could use our services? Perhaps a friend, family member, co-worker, or someone from church?

When a new client signs up for regular cleaning services at your recommendation; you will receive \$100 after their 6th cleaning!

If you would think of 3 or 4 people that could use our services, then don't hesitate to call them and give them our name and phone number. Be sure to have them mention your name when they call so we can send your \$100 Bonus!

Thanks in advance for your help and we look forward to sending cash your way!

## Thanks a Bunch!

*"Sue and her team have been cleaning our home for the past two years and they've always done a great job for us. The quality of service is at a much higher level than our previous cleaning provider."*

*Tom Johnson  
Sandy, UT*

*A special thanks to all these fine folks who referred us...  
Kathy Jackson, Dan Lundgren, and Marcy Cantrell.*

## The biggest budget killer: impulse buying

Studies at the University of Pittsburgh show that impulse buying adds up to 30 percent of overall spending. Here are some tricks to keep you from unplanned purchases:

- \* Look at the clothing or electronic gadget but don't touch them. Picking up an expensive sweater or cell phone increases your sense of ownership, which makes it more difficult to resist buying.
- \* Consider what you would rather do with the money. Save it toward a grand vacation? Focus on which one you would rather give up.
- \* Shop with a list. This classic idea can be one of the biggest money savers of all. Decide what you want and need. Mentally decide how much you are willing to spend on gifts, personal care and items for your home, and how you could save one-third of those costs over a year.
- \* Create separate savings accounts for items like vacations, Christmas, and new furniture. One Dartmouth researcher says a reminder on your calendar can help. Reminders like "Deposit tax refund to Roth IRA" can boost savings by 15 percent.



"I'm making out my will. Is there anything you want me to leave to you, other than debt?"

## How to have more fun at theme parks

Spending a day at a water park, theme park, zoo or entertainment mega-world is a great way to spend quality time with relatives and friends, but it's not easy to have fun without passing out from exhaustion. Here are a few tips to help you avoid going bonkers.

- \* Leave your dog at home unless the park has a kennel where you can stash him.
- \* If available, buy tickets in advance to avoid long lines.
- \* Bring a bag for souvenirs or rent a locker so you won't have to carry them or your umbrella and rain poncho.
- \* Take sunscreen and insect repellent.
- \* Wear comfortable shoes. No flip-flops, sandals or shoes with open toes where dust and dirt can get in.
- \* Take advantage of hotel shuttles. They are fast and free, and you won't have to park your car in a huge lot.
- \* Once there, split up, so groups can visit their favorite attractions. Have times to gather at a meeting place.
- \* Avoid getting into a long line. Come back later at a time when a big show is going on somewhere else in the park.
- \* Go easy on the candy to avoid the surge and crash that can make you tired and grumpy.
- \* Look for a "fast pass" machine that gives you a ticket to ride at a specific time so you won't have to wait in line.
- \* Toss your list of "must-dos." It's about fun, not about how many things you can cram into a day.
- \* Be smart with money. Have a budget that allows you to buy one or two souvenirs.
- \* Eat at unusual times. If you have lunch an hour later, you won't have to wait as long in line or for a table.
- \* Be nice and don't fight with family and friends. Give in or ignore a nasty remark.
- \* Take special tours if they are available.

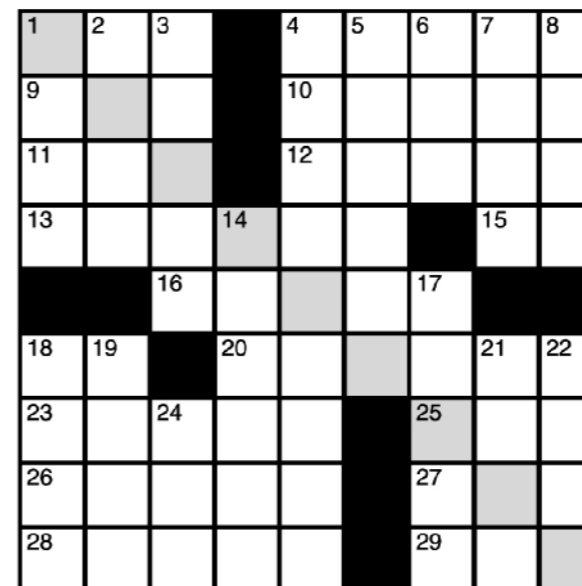
## Summertime Leisure Crossword

Across

1. Tennessee athlete, for short
4. Opposition to Tories
9. \_\_\_ Claire, Wis.
10. Of the ear
11. And more: Abbr.
12. Adult insect
13. "Wheel of Fortune" category
15. Expressing direction
16. Bonus
18. "\_\_\_ You Like It"
20. Playground equipment
23. Japanese-American
25. Neighbor of Wash.
26. Nominal
27. Genetic info carrier
28. Like some remarks
29. Double curve

Down

1. Political second banana
2. Curse
3. Riches
4. Place for a belt
5. Arm bones
6. Bank offering, for short
7. Famous Lady singer
8. Coin opening
14. Crown vetch
17. Be crazy about
18. Carpenter and fire \_\_\_
19. State of Israel
21. Coastal raptors
22. Caribbean and others
24. Schuss, e.g.



Note: The headline is a clue to word in the shaded diagonal.



## Ribs on the grill are a summer tradition

Rib wars have existed in the United States and throughout the world since the recorded annals of civilized man, or at least partially civilized man.

Rib meat and rib sauce competitions are prolific. From the Carolinas in the East to deep in the heart of Texas, recipes for ribs and liquid basting sauces abound.

Many East Coast sauce recipes are vinegar-based, like the North Carolina sauces. Texas concoctions are sweeter and contain more tomato sauce. Ribs usually have a chili powder base with herbs. They often have smoke flavorings.

Here is a simple sauce that can be made ahead and stored in the refrigerator. This recipe makes about one quart. It's in the North Carolina sauce category and can be used either as an

over-night marinade or for basting after the meat is placed on the grill.

Simple rib sauce

- 3 cups brown sugar
- 3 cups white vinegar
- 10 dashes salt
- 10 grinds pepper
- 2 dashes Worcestershire sauce
- 20 dashes Louisiana hot sauce
- 1 4-oz. bottle of honey

Mix all ingredients thoroughly in a medium-size bowl. Ladle or brush sauce over the ribs while grilling. Allow the sauce to caramelize.

The ribs may be baked for about an hour, constantly basting with the sauce. Then turn the oven to the broil position for finishing. Carefully watch the meat until the sauce caramelizes and hardens on the top but don't let it burn or become too blackened.



## Trivia Teaser – Put Up Your Dukes

1. What was the name of the female cousin on The Dukes of Hazzard?  
a-Petunia, b-Rose, c-Daisy, d-Honey.

2. Duke the talking dog is featured in TV commercials for what food product?  
a-Activia yogurt, b-Snickers candy bar, c-Miracle Whip salad dressing, d-Bush's baked beans.

3. Center fielder Duke Snider played for what baseball team for 15 seasons?  
a-Orioles, b-Dodgers, c-Cubs, d-Giants.

4. What is the correct address when speaking to a duke? a-Your grace, b-Your eminence, c-Your honor, d-Your holiness.

5. What was the name of Patty Lane's identical cousin on The Patty Duke Show?  
a-Wanda, b-Randi, c-Cathy, d-Betty.

6. Who recorded the 1962 hit song "Duke of Earl"? a-Thurston Harris, b-Buddy Holly, c-Gene Chandler, d-Frankie Valli.

7. Which of Shakespeare's plays concerns a Duke adopting a disguise in order to observe the actions of his subjects, including his deputy Angelo? a-Measure for Measure, b-The Tempest, c-Twelfth Night, d-Corolianus.

8. Norm Duke was 18 years old when he became the youngest pro athlete to win a title in what sport? a-Bowling, b-Speed skating, c-Motorcycle racing, d-Weightlifting.

9. In which comedy film will you find the conniving brothers Randolph and Mortimer Duke? a-Arthur, b-Brewster's Millions, c-Doctor Detroit, d-Trading Places.

10. What was the real first name of jazz musician Duke Ellington? a-William, b-James, c-Thomas, d-Edward.

Answers to 'Put Up Your Dukes'  
1-c, Daisy  
2-d, Bush's  
3-a, Measure for  
4-b, Duke  
5-c, Cathy  
6-a, Thurston Harris  
7-b, Measure for Measure  
8-b, Bowling  
9-d, Trading Places  
10-d, Edward